

# The Best Olive Oil Bread Dip

Yield: 4 min  
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-seasoning-olive-oil-bread-dip-recipe>

## Ingredients:

- 1/4 cup extra virgin olive oil Felippo Berio
- 2 tablespoons balsamic vinegar Felippo Berio
- 2 cloves garlic fresh, crushed
- 1/2 teaspoon Italian herb seasoning
- 1/2 teaspoon crushed red pepper flakes
- 1/2 teaspoon coarse sea salt
- 1/2 teaspoon ground pepper fresh

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 2 grams
3. Fat: 14 grams
4. SaturatedFat: 2 grams
5. Sodium: 300 milligrams
6. Sugar: 1 grams

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